

## WHAT IS CLAIMED IS:

1. A method for suppressing appetite in a mature human patient in need of such treatment comprising administering to the mammal a composition comprising an appetite-suppressing effective amount of a growth hormone by injection.
2. The method of claim 1, wherein growth hormone is human growth hormone.
3. The method of claim 2, wherein the composition is administered to the patient by subcutaneous injection.
4. The method of claim 1, wherein the patient is on a low fat diet.
5. The method of claim 1, wherein prior to initially administering the growth hormone to the human the patient is obese.
6. The method of claim 1, wherein the patient suffers from atherosclerosis, hypertension, Type II diabetes, dyslipidemia, coronary heart disease, or osteoarthritis.
7. The method of claim 1, wherein the method comprises administering an appetite-suppressive amount of a glucagon-like growth factor-1 (GLP-1) or glucagon-like growth factor-2 (GLP-2) to the patient.
8. A method for preventing or treating a disease or disorder associated with impaired appetite regulation in a mature mammal in need of such treatment comprising administering to the mammal an amount of growth hormone effective for preventing or treating the disease or disorder.
9. The method of claim 8, wherein the growth hormone is human growth hormone.
10. The method of claim 8, wherein the mammal is on a low fat diet.
11. The method of claim 8, wherein prior to initially administering the growth hormone to the mammal the mammal is obese.

12. The method of claim 8, wherein the method further comprises administering an antidiabetic agent, a non-growth hormone appetite-suppressing agent, or a combination thereof to the mammal.

5

13. The method of claim 12, wherein the method comprises administering an appetite suppressive amount of GLP-1 or GLP-2 to the mammal.

14. A method for suppressing appetite in a mature mammal in need of such treatment comprising administering to the mammal an appetite-suppressing effective amount of a growth hormone.

15. The method of claim 14, wherein the method further comprises administering an antidiabetic agent, a non-growth hormone appetite-suppressing agent, or a combination thereof to the mammal.

16. The method of claim 15, wherein the method comprises administering an appetite-suppressive amount of a GLP-1 or GLP-2 to the mammal.

17. A composition formulated for injection comprising (i) an amount of a growth hormone effective to promote appetite suppression in a human, (ii) an appetite-suppressive amount of a GLP-1 or GLP-2, and (iii) a pharmaceutically acceptable carrier or excipient.